



# MONTOUR HEIGHTS COUNTRY CLUB LUNCH MENU

## APPETIZERS

### **BAVARIAN PUB PRETZEL 12**

jumbo Bavarian style pretzel, served with house made yellow cheese sauce and sweet & spicy mustard

### **CLASSIC SHRIMP COCKTAIL 13**

jumbo shrimp, served with house made cocktail sauce

### **CRISPY COCONUT SHRIMP 16**

fried coconut breaded shrimp, served with Thai chili aioli

### **WINGS 12**

8 jumbo wings or 10 boneless wings tossed in your choice of BBQ, teriyaki, buffalo, garlic parmesan, dry ranch, or habanero and blueberry with Thai peanut glaze, served with celery and ranch or blue cheese

### **TUNA NICOISE 19**

sesame seared tuna with fingerling potatoes, green beans, cherry tomatoes, nicoise olives, egg, tossed in whole grain mustard vinaigrette

## SOUPS

### **CHILI**

cup 6.50 crock 7.50

### **SOUP DU JOUR**

cup 5.50 crock 6.50

### **FRENCH ONION**

cup 7.50 crock 8.50

## SALADS

### Dressings

Ranch, Blue Cheese, Sweet Blue Cheese, Thousand Island, French, Italian, Balsamic Vinaigrette, Raspberry Vinaigrette, Maple Vinaigrette, Whole Grain Mustard Vinaigrette, Honey Mustard, Caesar

### **ADD PROTEIN TO ANY SALAD:**

**CHICKEN 7 SHRIMP 11**

**SALMON 14 FILET TIPS 11**

### **CAESAR SALAD \* 9**

romaine, herb croutons, shredded asiago cheese, tossed in Caesar dressing, and topped with grape tomatoes, olives, anchovies, and a parmesan crisp

### **CLASSIC WEDGE 10**

iceberg wedge topped with blue cheese crumbles, pickled red onions, cucumbers, cherry tomatoes, smoked bacon lardons, served with ranch or blue cheese dressing

### **CHICKEN, TUNA, OR SHRIMP SALAD 12**

served over mixed greens with a side of fresh fruit

### **BLACKENED CHICKEN SALAD 16**

romaine, wedge potatoes, cucumber, shredded cheese, egg, pickled red onion, black olives, grape tomatoes, and blackened chicken breast, served with choice of dressing

### **STEAK SALAD\* 17**

romaine, wedge potatoes, cucumber, shredded cheese, egg, pickled red onion, black olives, grape tomatoes, and grilled filet tips, served with choice of dressing

### **GRILLED SALMON SALAD\* 22**

lemon pepper salmon, served over mixed green lettuce, roasted butternut squash, toasted pepitas, roasted cauliflower, and pickled red onions, with a maple vinaigrette

*\* Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness, especially in those with medical conditions*

# SANDWICHES

SERVED WITH YOUR CHOICE OF FRESH CUT FRIES, CRISPY BATTERED FRIES, WAFFLE FRIES, COLESLAW, FRUIT, APPLESAUCE, MAC & CHEESE OR CHIPS

\* **Gluten free bun available upon request**

## CLUB SANDWICH 14

ham, turkey, bacon, American cheese, lettuce, tomato, on your choice of bread

## SOUTHWEST CHICKEN WRAP 15

blackened chicken, cilantro crema, roasted red peppers, romaine lettuce, sautéed onions, and a black bean spread

## MHCC BURGER **GF** 15

8 oz beef patty served with choice of cheese, on a brioche bun with lettuce, tomato, and pickle (replace traditional beef patty for black bean veggie patty)

## HOUSE BURGER 15

two thin patties layered with choice of cheese, with house sauce and shredded iceberg lettuce

## NASHVILLE HOT CHICKEN SANDWICH 15

fried chicken breast tossed in Nashville hot sauce topped with pickles and red onion on a brioche bun

## EIKER STEAK AND CHEESE 16

sliced ribeye and provolone cheese served on a toasted hoagie bun with onions, peppers, and a house made steak sauce, served with waffle fries

## RUEBEN 16

corned beef, sauerkraut, 1000 islands, Swiss cheese served on rye

## BUFFALO CHICKEN WRAP 15

crispy chicken tossed in house made buffalo sauce, lettuce, tomato, shredded cheese and ranch dressing, wrapped in a tortilla wrap

## HADDOCK 16

choice of pan seared or breaded, on a toasted brioche bun, with lettuce, tomato, green goddess and whole grain mustard aioli

## LOBSTER ROLL 28

lobster sautéed in garlic butter and shallots, on a brioche bun, served with old bay chips

# ENTREES

## CHEESE FLATBREAD **GF** 11

stone baked flatbread topped with house made tomato sauce, provolone, mozzarella (Gluten free flatbread available upon request) additional toppings 1 each

### TOPPINGS:

Sausage, mushrooms, onion, pepperoni, banana peppers, black olives

## QUESADILLA 12/14

choice of chicken or shrimp, with cheddar jack cheese, sour cream, salsa, and pickled jalapeños, served with choice of side

## TACOS 12/14/17

choice of chicken, haddock, or wagyu flank steak in a flour tortilla with cilantro slaw and pickled red onions, served with choice of side

## JUMBO LUMP CRAB CAKE 24

single house made crab cake prepared Maryland style over honey Dijon tartar, served with choice of side

## STIR-FRY BOWL

white or fried rice, served with broccoli, green beans, peppers, onions and mushrooms

**Choose Your Protein:** grilled chicken 25, filet tips 29, grilled shrimp 27 or seared tuna 30 **Choose Your Sauce:** green onion teriyaki, sweet and sour, General Tso's

## FILET MIGNON\* 49

8 oz filet topped with house made demi-glacé, served with herb roasted fingerling potatoes and asparagus

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